

The Spirit

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Major Changes in Administration

By Jessica Jacolbe

The beginning of the spring semester has just started, and there have been many changes within the school. With the arrival of President Calareso, this year has been a transitional period for the entire college. In a memo sent on January 21, 2015, Dr. Calareso informed the SJC community of the promotion of Sherrie Van Arnam to Vice President of Student Life. Until this promotion takes effect near the end of the academic year, Shawn DeVeau will be serving as the Interim VP of Student Life, heading the office on both the Brooklyn and Patchogue campuses.

Mr. DeVeau has previously served as an Interim Project Coordinator, Registrar, and Academic Adviser at various other colleges for each position. Ms. Van Arnam will be working with Mr. DeVeau to further improve the state of the Office of Student Life. There are plans to create independent Student Life Offices in Brooklyn and Patchogue; both campuses have previously been spearheaded by a single Vice President of Student Life. Dr. Calareso states that it was not "feasible to oversee both," as it has been done in years past.

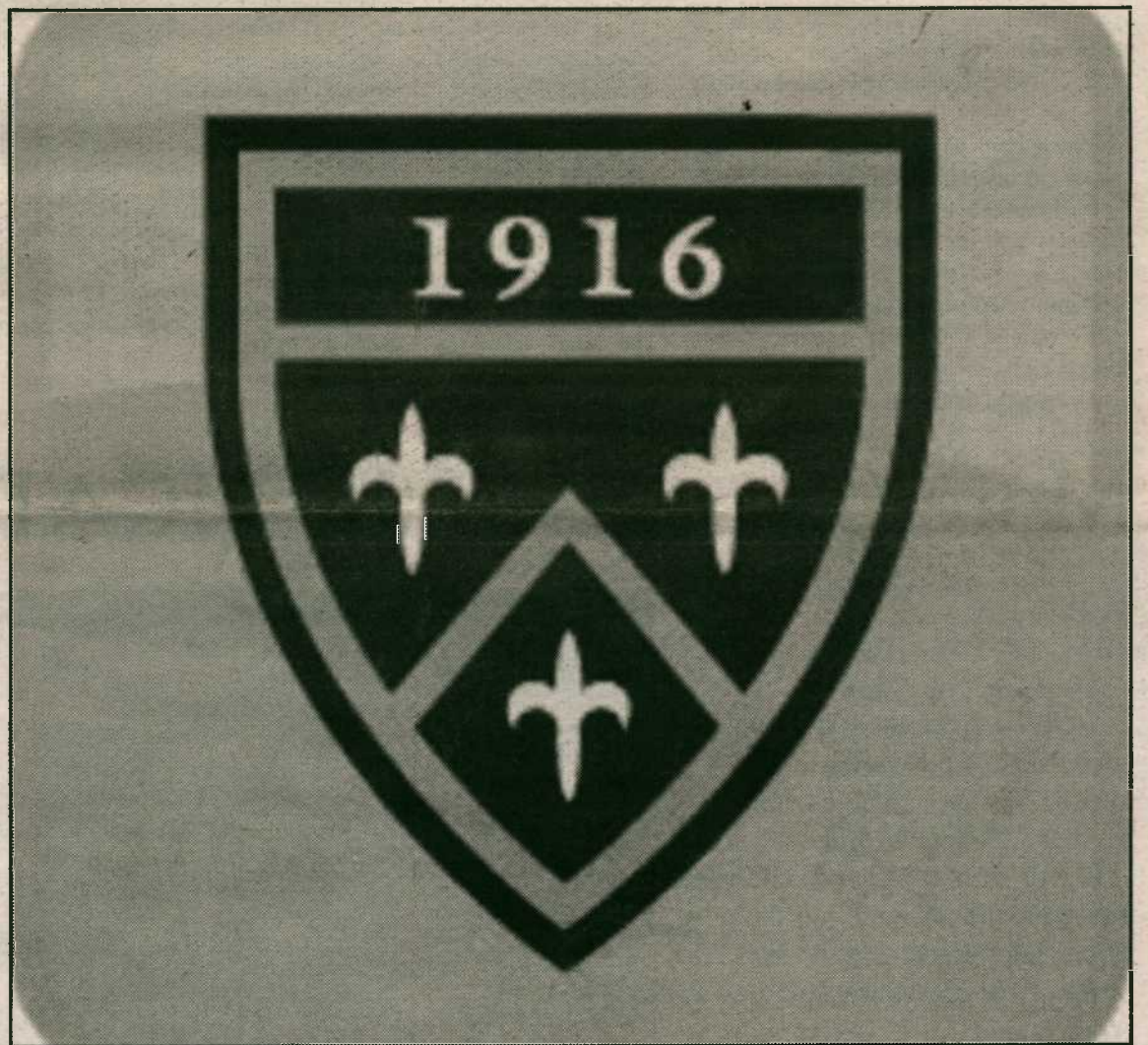
As of December 2014, Dr. Susan Hudec and Ms. Theresa LaRocca Meyer, are no longer serving their duties as Dean of Students and Stu-

dent Life and VP of Enrollment Advancement, respectively. Nancy Connors, VP of Institutional Management, has always stepped down from her position. Dr. Calareso states that the decision was mutual and based on "personal matters." With only a few months in office, Dr. Calareso has "assessed each department" and is in the process of determining if the department heads fit into their roles. He also states that he is doing whatever he can to better serve the needs of the college.

For many students in the Brooklyn campus, Dr. Susan Hudec was a familiar face. With her sudden departure, many students in the Office of Student Life expressed their frustrations with the news and the lack of information they received.

Dr. Calareso says that there has been no reduction in service, with departments still serving with great enthusiasm. The Department of Career Services, which was revamped last year, saw the resignation of Frank LaTerra. Mr. LaTerra served as the Executive Director, whose position has yet to be filled.

A large issue that the Board of Trustees is currently tackling is enrollment, which has been on the decline for the past few years. With many personnel changes being made, there is enough to conclude that SJC is facing a new direction and starting on a new path.



There has been much change at the college over the past several months, some not so obvious to students.

Limited Classes at Brooklyn Campus

By Victoria Benalcazar

Registration can be a stressful time for all. Finding the right classes and filling in the gaps with electives can give anyone a headache...and that's even with going to Matt Kubacki for help. Can you imagine how much more frustrating it is for students who can't find any classes to take towards their major? This put some students registering for spring semester classes at the Brooklyn campus in a dilemma.

A student, wishing to remain anonymous, expressed their frustration at finding classes to take towards their Computer Information Technology (CIT)

major. "This semester it was difficult to register. After looking at the available options, I realized that quite a few COM classes were closed. I already completed my core curriculum, and only a couple of the classes I needed to take for my major were offered, so it was difficult."

Jasmine Elshear '16 expressed her anger at the few available required courses needed for her to graduate with a degree in Political Science, "They offered electives for political science, but we didn't have any options for the required classes. I had to request for a professor to teach Political Theory just so that I could fulfill one requirement for this semester. It really upset me."

Another student, wishing to remain anonymous, brought to light how some required classes were being offered on the Long Island campus and not in Brooklyn. Not every student has the time or the means by which to travel to Patchogue. The more prominent majors in Brooklyn, such as Child Study, have multiple required classes offered each semester. Some majors, such as Political Science or CIT, are not very popular and are still relatively new, but that is not an excuse to leave students struggling to graduate on time.



Professor Ted Hamm teaching a course in the Department of Journalism and New Media Studies/

Student Life & Academics

Scan Your ID: SJC's Latest Security Measure

By Michelle Darris

As a matter that many have voiced their opinion on, students and staff are now required to scan their school-issued ID upon entering either Tuohy Hall or McEntegart Hall of SJC. Previously, a student or staff member had to show their ID to the front desk security member while entering a building. After discussing tightening on-campus security measures, the IT department, Student Life committee, and security team decided to replace the 20+ year old system with the more effective one seen today.

In September of 2014, St. Joseph's College issued new IDs as a part of this new system. Emphasizing that all students must have their old IDs replaced with new ones, Director of Security Mike McGrann says that this new system helps prevent individuals posing as active students from coming into St. Joseph's College. Within seconds after scanning an ID, the name and photo of the student or staff member appears on the computer, confirming that the individual is actually a member of SJC.

"It's happened before," Mr. McGrann says, "Students who no longer attend SJC would show their old IDs and be able to enter the buildings." Although the result had been relatively mild with these inactive students going to eat the food offered at various common hour events, the threat of a more malevolent act

arising from this loophole in security was enough to prompt the change in procedure.

Mike McGrann explains that with this system you must place your ID on the scanning device and the security member visually confirms that your face is the one on the ID.

"It's expandable," he says when describing why they chose this new method. There are future plans to have every building incorporate this new technology. There are plans to have the ID act as a debit card to let students buy food at the cafeteria. Mr. McGrann dreams that one day every door will have this swipe technology and that the library will have a turnstile at the entrance, but jokes that he probably won't be alive to see it happen due to its hefty price tag.

Although this new scanning system has been helpful in eliminating certain security risks, it is far from perfect. The system takes five seconds after scanning the ID for the computer to pull the student up from the database. Especially during the rush before each class, if every student has to wait five seconds or more before being able to proceed, "There'll be a line around the block!" says Mr. McGrann. He believes a possible solution may be to have the students show their ID to the security member, and to use the scanning system for random checks. For now, he asks that students still scan their ID upon entering either Tuohy or McEntegart.

Although the outdated method of students and staff manually showing their ID encountered the same problem, Mike McGrann



hopes that future expansion on this new system would allow the security guards to be able to move around campus rather than being confined to the desk. He believes this mobility will help keep the campus safe.

The new scanning system is not completely polished yet, but the students and staff can do their part by replacing their old ID with the new one and to scan it when entering the building. Though this system may be a mild irritation to some, an extra five seconds is worth having a safe college campus.

Photo Credit: David Louison
Vernon Maddox '15, scanning his new student ID at the security desk in Tuohy Hall.

More Changes to the MCAT Exam

By Bruno Merisier

Are you interested in medical school? Most pre-med students are aware of the changes on the Medical College Admission Test (MCAT). So if you're one of those pre-med students and you thought a four-hour test was bad, then I'm afraid I've got some bad news. After January 2015, every student interested in applying to medical school has to take the new MCAT. This time the test is seven and a half hours long.

Most people believe that the test will be more difficult, now that they are adding three new subjects: Biochemistry, Psychology and Sociology. As a total, there are seven subject specific areas that need to be mastered. On top of that, the exam is all done on the computer. To make things clear though, taking the test on the computer is actually more difficult than having the hard copy in hand. It does in fact take time for test-takers to skip around problems, since they are relying on the computer's speed. As a final disclaimer, some centers will start administering small white boards instead of paper for your scratch work.

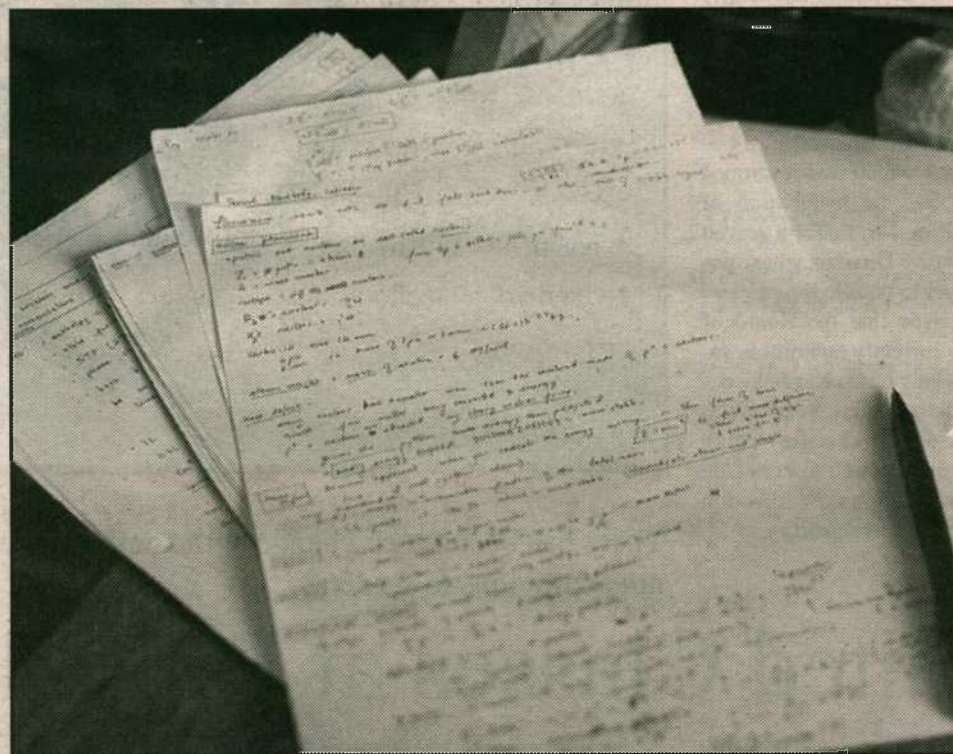


Photo Credit: Flickr

You may be wondering why the MCAT has changed. Are they tired of writing the same old questions? Is this a cruel ploy to make the test extra difficult? Well, the fact is that the test takers are the reason for that change. Over the past few years, the number of people reaching the bell curve average has increased. This rise was not dramatic, but it was enough to make the Association of American Medical Colleges (AAMC) take notice. An

MCAT review instructor suggested that the bottom five percent had an increasing chance of getting into medical school. Not many patients want the bottom five-percent as one of their physicians. As a result, the AAMC has adopted these changes. Some of the first students taking this new exam will be the AAMC's guinea pigs for the time being. If you are one of them, then make sure you familiarize yourself with the new exam.

How to Address Your Professor

By Urwah Ahmad

Hello Mr. or Mrs. or Dr., or is it Professor?

This is something many students wonder when they first start college. What exactly do we call our professors? There are no set guidelines given on how we should address our professors in class or in any other form of conversation.

Many students just tend to not say anything specific. Some wait out to see what the other students, usually the older ones, say and then use that term as well.

Ebenezer Tekie '15 said, "I called most of them by Professor and then their last name," but then tends to use "Doctor" for his major classes. Then there is Amanda Piekarz '15 who said that she also does the same and has a professor who likes to be referred by her first name.

Professor Alfonse Borysewicz of Religious Studies says, "I prefer to be called Professor and I would feel uncomfortable being called by my first name." With Professor Michael Burke, he says, "I generally go by Professor, however since I have a Ph.D I would not correct a student if they called me Doctor Burke." Then there is Professor Hanophy of Biology who said while smiling, "I like to be called Doctor."

Then there are some Professors who prefer to be called by their first name, further complicating the dilemma of the students. Professors who work as adjuncts work at the college part time. They should be referred to as how they prefer.

Even though we might be confused about this, all it takes is a simple question to find out.

Word Around Campus: Do you think there are limits to free speech?



Michael Megafu '16

Major: Biology

Yes there are lines, definitely. At the same time, there's a barrier.

Sometimes you may say something and the other person can perceive it another way.



Jannatul Rahman '16

Major: Biology

I don't think there should be any limits to free speech. Even though there's something called freedom of speech, people still limit their talking and thoughts because of what other people might say to them. Unless you're really outspoken, you just say limited things or what is normal to say. You can criticize someone's opinion, but you can't go kill someone because of their beliefs.



Rodolph Mesadieu '16

Major: Chemistry

I think a line is placed on us by the government or immediate ruling party. Sometimes what you have to say isn't in the best interest of the state; therefore they don't care what you have to say. There may be repercussions at times.

Everyone should be able to say whatever they want. It's up to the listener to determine what they want to listen to, and you can choose to listen to it.



Eric Kramer '15

Major: Criminal Justice

There's definitely a line. It just comes down to censorship. It depends on who you are and who you're talking to. With the law, you can't threaten anyone and say anything that imposes threat. Then again, you hear rap songs with threats.

There should be limits, reasonable ones.



Joanna Bis '16

Major: Child Study/Speech

I don't think there should be limits on free speech. A lot of freedom creates chaos, and I think of France. My parents grew up during solidarity in Poland and everything was censored. My dad never learned history, but only what the Russians wanted him to know. Free speech is always important because it's one of the most powerful weapons.

I think we developed enough that we should talk about religion freely. There's a lot of conflict going around with religion. You should still be able to say what you believe without the fear of being prosecuted. We're all human, and free speech is for us.

The Lines and Limits of Free Speech

By Adriana DiBenedetto

Unless you have been living under a rock for the past month, you will have heard the name Charlie Hebdo, or have at least seen #JeSuisCharlie floating around in your Twitter feed.

On January 7, 2015, the Charlie Hebdo weekly satirical newspaper was attacked after Issue No. 1177 was published. Its contents sparked outrage in much of the Muslim and Islamic communities. It's not the first time that this has happened. In fact, Charlie Hebdo has incited great offense several times before in 2006, 2011, and 2012, where a racist or disrespectful illustration of the prophet Muhammad was depicted in or on the cover of the magazine.

It is known that for many it is inappropriate to look upon the face of Muhammad, and the image was published for all of France to see on multiple occasions. If this occurred in

"Freedom of speech does not give us the constitutional right to be a disrespectful person."

America, would the publication's decision to run the cartoon be protected under the notion of freedom of speech?

This specific question of freedom of speech and its limits is absolutely not about violence or victim blaming. It is simply the gathering of opinions on whether there are lines we should take into consideration, before crossing and remaining respectful while doing so.

It is estimated that 15,000 French Jews will leave by the

end of the year, and more than 50,000 will leave in the next few years. They no longer feel safe in France due to the massive spike in anti-Semitism brought about by this incident. Freedom of speech should not cause an entire ethnic or religious group to feel that they must exile themselves. Was it really worth it?

"But it's satire," some shout, "drawing racist and lewd depictions of Muhammad on multiple occasions was not meant to be antagonistic! Freedom of speech!" Actually, no, that's not satire. It's also not freedom of speech. Freedom of speech is a right that allows us to express our opinions and not have the government persecute us for them. Freedom of speech does not give us the constitutional right to be a disrespectful person, and the government restricts the right to free speech with varying limitations. For example, slander and incitement.

Much of what we believe is classified as satire is actually just

people making rude jokes. Like everything else in life, there are certain criteria for good satire, and, believe it or not, drawing a cartoon of a religious figure in a pornographic pose does not fit it.

A rule of thumb for any form of satirical media is that it should be very obvious that it is indeed satire. There should be no room for guessing if a joke is being made or not. A second rule is that satire uses humor, exaggeration, and irony to challenge some person, place, or thing, that needs to be improved upon; that attention needs to be focused on this specific thing so that beneficial changes can be made.

Many have weighed in on the tragedy, including Pope Francis. It is his opinion that religious beliefs are not to be made fun of, but that the attack was in no way justified. He went on to say that violence can never be justified in the name of one's god, but that some sort of backlash was to be expected. Mohammed Shafiq, from the Ramadhan Foundation

has also said that although he has consistently been opposed those cartoons, "if they think they have the right to kill innocent people because they disagree with cartoons, then they are living in a parallel universe. We, as Muslims, abhor their terrorism, we abhor their actions, and they don't do it in my name or in the name of my great faith."

So these are the real questions that must be considered: Does our freedom of speech have its limits? Is it possible to go overboard and cross lines? Is it ever okay to mock a person for their religious beliefs?

Clearing the Air: Feminism 101

By Kristina Hernandez

"Meninism", a movement that began as a joke, has gained an enormous amount of serious followers, and it is now being printed on sweatshirts and t-shirts with phrase "#Meninist." Another movement that has gained increasing popularity is the Women Against Feminism movement. Their Tumblr account is filled with messages from women writing things such as, "I don't need feminism because I want my boys to grow up knowing what TRUE equality is," and "The wage gap is a result of choice, not sexism. I'm married to a man, and I think men's issues need more attention." With this increasing popularity from men and women alike, it has prompted the question: do this many people not actually know what feminism is?

Feminism, as defined by the Merriam-Webster Dictionary, is "the belief that men and women should have equal rights- and opportunities." Weird... It doesn't say anything about women killing off all the men, wanting more than men have, or about women being man-hating, hairy-legged psychos. From what my peers think and the media portrays, you were probably expecting that. For some people, however, it may not be the definition that gives them issues. It could be the actions that some extreme feminists take. As with any issue, the voice that screams the loudest is the voice that is heard the most.



Photo Credit: Flickr

While the name conjures up inaccurate stereotypes, the ideals behind the feminist movement are not. Feminists want equality of the sexes. We want to live in a world where there should be no such thing as a "gender wage gap." Female military officers should not have to fear reporting a rape committed by a male offi-

cer. All employers should provide insurance that covers birth control, no matter the religious belief. And can we please live in a world where media no longer sexualizes women's bodies to sell cheeseburgers, booze, and cars?

Without feminism, women would not have the right to vote, own property, have an

abortion, use birth control, get a divorce, and they would still be considered the property of their father or husband. Through feminism, there are laws against sexual harassment and violence, marital rape, stalking, spousal abuse, parental leave for both parents, and laws preventing back alley abortions. We do not want to

take power away from men. Feminists aim to ensure equal opportunity for women, and for them to have just as much power as men with the power to choose when they want to have sex and with whom, and to be seen as individuals and not just "baby-makers" or "homemakers."

Oscars so white...

By Mya Abraham

The 2015 Oscars will have more black guests than black nominees and that is asinine. On January 15, the Academy announced this year's Oscar nominees and received the harsh feedback from everyone for the lack of diversity with this year's nominees. In the acting categories, all 20 nominees are white. The last time this happened was in 2011, and before that was in 1998.

Even though "Selma," the biopic of Martin Luther King Jr. was nominated in the Best Picture category, the Academy decided to not include the lead actor, David Oyelowo, as a contender for Best Actor in a Leading Role. Actors Steve Carell (Foxcatcher), Bradley Cooper (American Sniper), Eddie Redmayne (The Theory of Everything), Michael Keaton (Birdman), and Benedict Cumberbatch (The Imitation Game) were all nominated for this

"While the Academy doesn't reveal a full breakdown of its members...94% of its members were white, 77% were male and 86% were age 50 or older."

category.

Along with this ludicrous decision, the director of "Selma," Ava DuVernay, was left out of the Best Director category, whose nominees include Richard Linklater (Boyhood), Alejandro G. Iñárritu (Birdman), Wes Anderson (The Grand Budapest Hotel), Bennett Miller (Foxcatcher), and Morten Tyldum (The Imitation Game).

While the Academy doesn't reveal a full breakdown of its members, a LA Times report showed that 94% of its members

were white, 77% were male and 86% were age 50 or older. So that clearly explains a lot.

If you really think about it, there hasn't been a lot of minorities cast in or directing movies, but "Selma" is the most recent and its impact is undeniable, thus causing some to question it and films like it, films with African-American casts and directors that are concerned with African-American issues, more often nominated in more categories? At the very least, David Oyelowo and Ava DuVernay should have been nominated in their respected categories. If DuVernay had been nominated, then she would've been the first black female director to ever be recognized.

Last year, Lupita Nyong'o took home the Oscar for Best Supporting Actress for "12 Years A Slave," which won the Oscar for Best Picture. The lack of diversity is very discouraging and depress-



Photo Credit: Davidlohr Bueso on Flickr

ing. It has also made it less likely for people to watch the Oscars this year. The Hollywood Reporter mentioned that, "TV's increasingly African-American viewership won't overlook [the lack of diversity.] The same audience that is turning Empire and How to Get Away With Murder into ratings bonanzas is critical of the Academy's ongoing deal with ABC." Even this year's host, the amazing Neil Patrick Harris noticed the bland list of nominees. He tweeted a picture of the nominees and captioned

that "they all look so white #toosoon."

Hollywood legends, George Lucas and Spike Lee mentioned their frustrations and the Internet took out their frustration on the Academy's decision to leave out minorities from of the nominations by using the hashtag #OscarsSoWhite. Last year's show featured selfies, pizza, Ellen and Lupita as Cinderella, all of which had people talking about it for months after. This year's show might not have that same effect.

Restaurant Review: The Best Sushi Off the Subway

By Michelle Darris

Heading back to the dorm after a day out on the town, my roommate and I noticed a booth in the subway station filled with sushi. Knowing that I'd been missing my home state of Hawaii, she asked if treating me to sushi from the subway would help remedy my homesickness, laughing at the irony of offering me something that Hawaii prides itself on from somewhere as untrusty as a train station.

I laughed along, amused at Brooklyn's quirkiness and the novelty of being able to buy sushi directly in the subway station. Sure enough a few days later, disgruntled from a long day at school and not want-

ing to make dinner, I decided to give what my roommate had playfully dubbed "subway sushi" a try. I picked up the salmon avocado and tuna avocado roll and was more than surprised. Being from a state where Japanese cuisine is heavily rooted in its history and culture, it is safe to say that my familiarity allows me to differentiate between both the good and the bad. It is also safe to say that Sushi Gallery Japanese Restaurant has some of the best sushi I've ever eaten.

Is this a Brooklyn Heights hidden gem? Although the thought of eating sushi from a stand in the subway station may be unappetizing to most, the sushi from Sushi Gallery Japanese Restaurant proves to be quite the opposite. Connected to the Clark Street 2 and 3 train station and a few doors down from the St. George Residence off-campus housing, Sushi Gallery Japanese Restaurant provides a quick pick-me-up of quality sushi.

Although this is a

mom-and-pop style eatery, the sushi served at the Sushi Gallery Japanese Restaurant is comparable to (and in some cases better than) more glitzy sushi places that I've tried. With 11 years of experience under his belt, the head sushi chef is well-versed in creating sushi that is as beautiful as it is scrumptious. The menu ranges from simple sushi rolls, such as the tuna avocado roll and the salmon roll that I had initially purchased, to more creative rolls like the dragon roll, consisting of cucumber and eel wrapped in avocado. The mushroom roll or the kimchi roll, along with many other options, offer a delicious vegetarian alternative. Each roll is around \$5, with the special sushi rolls costing a little more.

If you enjoy a more leisurely dining experience, Sushi Gallery Japanese Restaurant's indoor restaurant offers a nice alternative to the "grab & go" style booth displayed in the subway station. Its dimly-lit,

cozy interior is the perfect environment to enjoy the wonderful sushi. Open Monday through Saturday from 12:00-10:00 pm, the peaceful atmosphere is great for both a casual date, or a quiet dinner alone. Don't worry, I've gone solo on many occasions and I promise they don't judge you.

Whether you're looking for something quick to pick up for a night in, or if sitting down in a quaint restaurant to enjoy sushi is more your style, Sushi Gallery Japanese Restaurant is the perfect place to find quality sushi in an unexpected, but convenient location.

Sushi Gallery is located on 71 Clark St b/t Hicks St and Henry St in Brooklyn Heights



Photo Credit:
Michelle Darris

Valentine's Day: A Bittersweet History

Daniela Cardinale

Heart-shaped boxes of mass-produced chocolate truffle balls, a dozen red roses bought through an online florist site, and a box filled with stones that shine like the stars, or not, Valentine's Day has become a holiday commercialized by big business to make money. Unlike Christmas, Valentine's Day has lost touch with the original reason the holiday is celebrated, the privilege to marry the one you love.

The modern celebration of Valentine's Day is a bittersweet tradition, one that isolates those who do not have that special someone, and encourages those who do to shower that person with gifts. Though this holiday does help out local businesses, big business has turned Valentine's Day into a shallow, heartless holiday that commonly portrays love as something of a give-to-get action. Valentine's Day is not about the gifts, but about unconditional love. Love should be valued every day and not just once a year.

To understand this holiday, we must consider its origins. There are three St. Valentine's in the Catholic Church, all of whom were martyred. Though there are several stories about how the holiday began, there is very little known about the origin of Valentine's Day. In the third century, Roman Emperor Claudius II believed young men were better off fighting in the military, and he outlawed marriage. A Christian priest by the name of Valentine defied the emperor, performing marriage ceremonies in secret.

Another story proposes that St. Valentine was imprisoned for helping Christians escape Roman prisons. During his imprisonment, Valentine

fell in love with a girl, and wrote a letter to her that signed off with "From your Valentine." Valentine was viewed not only a tragic hero, but as a true romantic icon.

Nothing screams romance like a box of chocolates, am I right? Industrialization, which introduced the middle class structure that keeps the holiday profitable, has also created a formula for its success by referring to tradition. The unofficial mascot is the infamous Cupid, but is only related to the holiday because of roots branching out to Roman mythology. Roses,

which were brought into practice by the Swedish, are believed to symbolize emotion.

How is it then that these traditional symbols associated with the holiday have endured, but the practice of it has changed? Some would say that Valentine's Day is a Western holiday.

Most European and Latin American countries celebrate Valentine's Day, but many Asian ones do not, with the exception of South Korea, which celebrates White and Black Day, and Lovers' Day in China, which falls on the seventh day of the seventh month.

This is what makes this holiday so unique; gifts are given but each means the same thing. Although love is expressed differently based on culture and tradition, the ideal is universal. Knowing this, as a society we should take the time to recognize this day as not an obligation, but as an opportunity to express the love we feel for those closest to us. Though, it doesn't hurt to receive a box or two of chocolate, take into consideration what this day truly means and your day will feel a little sweeter.

Nothing screams
romance like a
box of chocolates,
am I right?

Graceful Living: An Advice Column for Life's Journey

Dear Grace,

There is this guy that has been trying to take me out for nearly three months now. I have no reason not to go out with him, I just cannot get myself to go through with it. He appears to be perfect. Maybe that's what's scaring me?

Sincerely,
Disaster Dater

Dear Disaster Dater,

In our youth, we are passionate, courageous, and ambitious. We see the world as being this beautifully limitless playing field, embellished with love and creation. Then one day, we feel the incapacitating sting of its burns. We become fearful. We hesitate. We turn into benchwarmers, welcoming emotional paralysis in an effort to "protect" ourselves from the fire. This is but a blatant misconception, my dear. Our guards

hold us back more than they help us up.

Heartache and love are the only two universal languages that every soul can speak. But the two often drive us into an incessant cycle. We love, we experience heartache, then we no longer want to love in order to never feel that same debilitating pain again. So we prevent ourselves from feeling the fundamental purpose of our existence: to love. In an effort to never have to dance with depression again, to no longer find ourselves laying in bed, re-living our deepest fears, while unable to silence our weeping wounds.

Right now, you are choosing to sit on the sidelines while the rest of the world bursts into rays of light around your orb of darkness and despair. Remember the Cinderella Story? Remember how

impassioned Hilary Duff's character got when she read her father's favorite quote? "Don't let the fear of striking out keep you from playing the game," said Babe Ruth. So be the Yankee. Be the girl that walks through the flames of life with her chin held high, and her beauty radiating through the seams.

We should envy the women that wear their hearts on their sleeves, because it takes such purity and bravery to allow oneself to feel such raw and genuine emotion. They say that the greatest risk of all is not risking anything. It's being so comfortable with inaction that we forget the rewards of climbing mountains. You've felt heartache before and no matter how hard you try to prevent yourself from experiencing it again, it will happen. Take the damn risk.

How To: Creamy Bacon Cheddar Potato Soup



By Rebecca Peeler

Face the snow days with this creamy potato soup. A thick soup brought to life with a fresh bite of scallion and lemon.

This recipe is inspired by Ree Drummond, also known as The Pioneer Woman.

Ingredients:

3 slices of bacon
1/2 an onion
1 large carrot
3 stalks of celery
3 large potatoes
3 cups of vegetable broth
1/2 cup of water
3 tablespoons of all-purpose flour
3/4 cup of milk
1/4 cup of heavy cream
Salt

Pepper
Chili powder
Scallion for garnish
Shredded cheddar
Lemon juice and lemon zest

Prep:
Peel and wash potatoes

Dice onion, celery, carrot, and potatoes.

Cook bacon in pan. Remove the grease into a bowl. Pour the bacon grease into a large pot. Stir in chopped onion, celery, and carrot and cook for three minutes.

Pour in potatoes and cook for five minutes. Season the pot with salt, pepper, and chili powder.

Pour the vegetable stock and

water into the pot. Bring it to a boil.

Whisk the flour and milk in a bowl. Pour mixture in the pot.

Stir occasionally.

Transfer half the soup into a blender. Process it, then pour it back into the pot. Allow the soup to simmer.

Pour in heavy cream and taste to season.

Garnish the soup with shredded cheddar, diced scallion, and bacon bits.

Don't be shy when seasoning potatoes. They need a lot of salt! Enjoy!

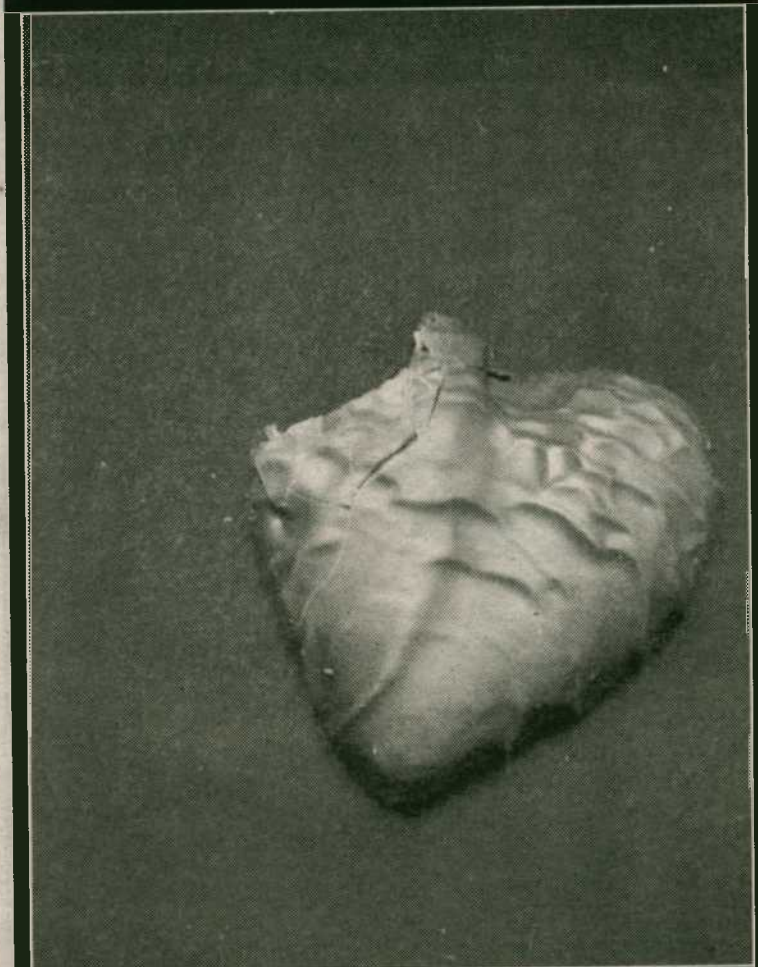


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All-Star Games: They're A Thing of the Past

By Thomas Henderson

All-Star Games go back decades and decades, the first being the 1933 MLB All-Star Game in Comiskey Park in Chicago. The NFL had their original Pro Bowl Game in 1951, with the NBA holding their inaugural All-Star Game that same year. The NHL had its first modern day All-Star Game in 1969 (before that, the defending champion would play an All-Star team in an exhibition game). Every major American sport has one, and they have had them for years.

In the present day, the All-Star Game has become an All-Star Week, or Weekend. The NHL has the skills competition the night before with an All-Star team draft; the NBA has the Slam Dunk Contest, the 3-Point Shootout and the Rising Stars Challenge. MLB has the Home-Run Derby. These things have something in common: they're all more enjoyable than the actual game.

The Pro Bowl, which does not have any kind of skills competition, is regularly a game where no one wants to hit each other and offenses score ridiculous amounts of points. From 2010-2012, the games were: 55-41, 59-41 and 62-35. Translation: no defense. The NHL All-Star Games are even worse, with scores generally reach-



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ing double digits for both teams (which is absolutely unheard of in hockey). This past year, the teams combined for 29 total goals. To put that in perspective, the New York Rangers scored 38 goals in the entire month of December, a month in which they went 9-3. Translation: no defense and no goaltending in the All-Star Game. The NBA suffers from a similar problem: the games are ludicrously high scoring and no one plays defense.

The MLB All-Star Game is actually a

competitive one, but it's only because the teams play for home field advantage in the World Series. If they did not, I guarantee that the players would care a whole lot less about the whole experience. Who can blame them? I don't.

As a fan, I rejoice when my favorite players are not in these kinds of games. Rangers' Twitter was ablaze when Henrik Lundqvist was not selected for the All-Star game this season, but I was happy, simply because he needs the rest before their

playoff run. It's also a common practice for NHL and NFL players to be "hurt" right before the All-Star or Pro Bowl and not play. While it is a joy to see your favorite players in the All-Star Game, it is a greater joy to watch your players play in the playoffs. The games are not entertaining. I would much rather just have the All-Stars go through a skills competition and have off until the All-Star Break is over.

Unfortunately, these games are not going anywhere. The games, specifically

the Pro Bowl, do well in the ratings. In fact, the Pro Bowl regularly gets over 10 million viewers despite the criticisms, which is better than many playoff games from other sports this year, according to a Sports Illustrated article. On top of that, the merchandise sales make money for the leagues and teams. Those that host the games make a lot of money in revenue. The games seem to be a part of the indefinite future, but I'll just hope that no one from my favorite teams gets hurt.

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